May is Mental Health Awareness Month!

2016 SCHEDULE OF FREE PUBLIC EVENTS IN SOUTHWESTERN CT

Calendar coordinated & disseminated by Southwest Regional Mental Health Board, Norwalk, CT • Download at www.HealthyMindsCT.org

Fit Apr. 29 Sison-8-30pm AND Sat. Apr. 30-8-30sm-2pm Sison-8-30pm AND Sat. Apr. 30-8-30sm-2pm And Sat. Apr. 30-8-3		ordinated & disseminated by Southwest Regional Mental Health Board, Norwalk, CT • Downloo	
You know CRP/First Aid, but do you know how to help someone in a mental health criss? Mental Health first Aid is an internationally recognized 8-hour certificate course. Free to Stratford residents; \$35 for others. To register, call 20:33-85-4095.	Date & Time	EVENT (download at HealthyMindsCT.org)	Location
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Patrocinado por Southwest Regional Mental Health Board y American			Bridgeport
		,	
Foundation for Suicide Prevention			
<u> </u>		Foundation for Suicide Prevention	

Date & Time	EVENT (download at HealthyMindsCT.org)	Location
Fri. May 6	Movie: Inside Out	LifeBridge
1:30-3:30pm		475 Clinton Avenue
·	Sponsored by LifeBridge Community Services	Bridgeport
Fri. May 6	Wellness Fair	Bridge House Inc.
2-4pm	An afternoon of wellness including chair yoga, pet therapy, hand massages, and	880 Fairfield Avenue
	smoking cessation. Healthy snacks will be offered.	Bridgeport
5 : 14 . 6	Sponsored by Bridge House Inc.	A. II.
Fri. May 6 6-11pm	Keystone's Derby Eve Party For more info, visit www.keystonehouse.org	The Norwalk Inn 99 East Ave
0-11hiii	For more into, visit <u>www.keystonenouse.org</u>	Norwalk
	Sponsored by Keystone	Norwan
Sat. May 7	Art Therapy Crafternoon	New Canaan Library
2-3pm		151 Main Street
	Sponsored by Silver Hill Hospital	New Canaan
Sat. May 7	"Wellness Is Where We're At" meetup	Binney Park
2-4pm	Join us to kick off this new regional meetup group! Bring a Frisbee, a board	Wesskum Wood Road (off
	game, a beach chair, a friend, or just yourself! Sign on to "Wellness Is Where	Sound Beach Avenue)
	We're At" on meetup.com and let us know you're coming, or follow our group	Old Greenwich
	and join us next time! Refreshments will be provided.	
	Sponsored by the Catchment Area Councils of Southwest Regional Mental Health	
	Board	
Mon. May 9	Legislative Breakfast	Bridge House Inc.
8:30-10am	Opportunity for members to tell their stories to reinforce the need for state	880 Fairfield Avenue
	funding for clubhouse programs	Bridgeport
Mars Mary O	Sponsored by Bridge House Inc.	Non-valle Haarsital
Mon. May 9 3:30-5pm	Using Labyrinths as a Spiritual Tool to Complement Mental Health Facilitated by Rev. Debra Slade, Director of Spiritual Care	Norwalk Hospital Nash Auditorium (basement
(providers)	3:30-5pm for hospital and outside providers; 7-8:30pm open to the general	of Community Pavilion)
AND 7-8:30pm	public	34 Maple St.
(public)		Norwalk
	Sponsored by Southwest Regional Mental Health Board	
Tue. May 10	Talk: "The Family's Role in Helping the Client"	LifeBridge
12-1pm	Described by Life Deider Community Consists	475 Clinton Avenue
Tue. May 10	Presented by LifeBridge Community Services Film: Young Adults and the College Years (part of the Caring Network Film	Bridgeport Public Access Channel 88
6-6:30pm	Series)	rubiic Access Chairlei 88
	A documentary by Southwest Regional Mental Health Board	
Wed. May 11	"Recovery Rocks" Awareness Art Project	Ferguson Library
10am-1pm	People will have the opportunity to make a simple art project, such as rock paper	One Public Library Plaza
	weights that say "recovery" and cool bookmarks.	Stamford
	Sponsored by FS Dubois	
Wed. May 11	Musical Performance: The Grace Notes	Laurel House
11am-1pm	Come enjoy the Grace Notes, a singing group from Christ Church Greenwich.	1616 Washington Blvd
		Stamford
	Sponsored by Laurel House	
Thu. May 12	Panel: Work-Based Programs and Community Living	Tully Center
7:30-9pm	Panel discussion on therapeutic work-based residential programs for those living	Conference Room B
	with mental illness. Speakers will include representatives from Spring Lake Farm, Gould Farm, 100 Acre Homestead and more.	32 Strawberry Hill Court Stamford
	Social raining 100 riore monitostead and more.	Stamora
	Sponsored by NAMI Southwest CT	
Fri. May 13	Hearing Voices: An Experiential Training	Kennedy Center Inc.
1-4pm	Interactive simulation allowing participants to experience what it is like to hear	2440 Reservoir Dr.
	voices while engaging in social interactions, a psychiatric interview, cognitive	Trumbull
	testing, and an activities group. Includes debriefing and discussion. RSVP to	
	britt.bisson@ct.gov	
	Sponsored by The Kennedy Center Inc.	
Sat. May 14	"Primeros Auxilios para la Salud Mental" – un curso para líderes religiosos en la	HSC Community Services
8:30am-5:30pm	comunidad hispana	1 Park Street
	Usted sabe cómo proveer primeros auxilios/RCP, pero ¿sabe cómo ayudar en un	Norwalk
	crisis de salud mental? "Mental Health First Aid" es un curso de 8 horas	
	reconocido a través del mundo. Este programa se ofrece en español por primera	
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	Costo, nasian reingenes nivarios.	
	Patrocinado por la Southwest Regional Mental Health Board y American	
	Foundation for Suicide Prevention	

Date & Time	EVENT (download at HealthyMindsCT.org)	Location
Mon. May 16	Free ASIST Suicide Intervention Training	HSC Building
AND Tue. May	ASIST is the world's leading suicide intervention workshop. The 2-day workshop	1 Park Street
17 8:30am-	open to all and is particularly recommended for clinicians, clergy, and school	Norwalk
4:30pm	personnel. Refreshments will be provided.	
	Sponsored by Southwest Regional Mental Health Board and the American	
	Foundation for Suicide Prevention. Register at info@swrmhb.org or 203-840-	
	1187.	0000 1
Mon. May 16	Laugh for the Health of It!	CCAR Young Adult & Family 853 Fairfield Ave.
3:30-5pm	Young adult meetup! Come for a free fun hour of laughter exercise and then connect over snacks with young people from TurningPointCT.org, CCAR, & more.	Bridgeport
	Connect over snacks with young people from furning fointer.org, coak, & more.	Bridgeport
	Sponsored by TurningPointCT.org & CCAR Young Adult & Family Project	
Tue. May 17	Film: Women in Recovery (Part of the Caring Network Film Series)	Public Access Channel 88
6-6:30pm		
	A documentary by Southwest Regional Mental Health Board	
Wed. May 18	Presentation by the National Alliance on Mental Illness	Keystone
10-11am		147 Main Street
	Sponsored by Keystone House	Norwalk
Wed. May 18	Family & Friends Open House	Bridge House Inc.
4-7pm	Lynda Cutrell will present the 99 Faces Project, "Portraits without Labels"	880 Fairfield Avenue
	Spansored by Bridge House Inc	Bridgeport
Wed. May 18	Sponsored by Bridge House Inc. Suicide Prevention Event	Harry Bennett Branch-
7-8pm	Juicide Frevention Lycht	Stamford Library
7- 0 piii		115 Vine Rd
	Sponsored by Community Health Center, Inc.	Stamford
Wed. May 18	Annual 3 on 3 Basketball Tournament	Short Beach
,		1 Short Beach Road
	Sponsored by Southwest CT Mental Health System	Stratford
Thu. May 19	Keystone House Inc. Open House	Keystone
7:45-9am	Breakfast before business	147 Main Street
		Norwalk
	Sponsored by Keystone House	
Thu. May 19	Mental Health First Aid Training (adult module)	CCAR Young Adult & Family
8:30am-5pm	You know CPR/First Aid, but do you know how to help someone in a mental	853 Fairfield Ave.
	health crisis? Mental Health First Aid is an internationally recognized 8-hour certificate course. Free all-day training. To register, contact carol@ccar.us or	Bridgeport
	203-870-9132. Space is limited.	
	203 070 3132. Space is infliced.	
	Sponsored by CCAR Young Adult & Family Project	
Thu. May 19	Pathways Field Day	509 East Putnam Ave
11am-2pm	Please join us for Pathways 5th Annual Field Day and Barbeque. Events will	Greenwich
	include horse shoes, badminton, water balloon toss, croquet, ping pong, bocce	
Rain Date: Thu.	and so much more! Bring your smiles, enthusiasm and appetite! Please RSVP by	
May 26	May 10 to Ron at (203) 869-0378. Rain date one week later.	
	Changered by Dathuraya Inc	
Fri. May 20	Sponsored by Pathways, Inc. Movie: The Soloist	LifeBridge
1:30-3:30pm	movie. The soloist	475 Clinton Avenue
1.30 3.30pm	Sponsored By LifeBridge Community Services	Bridgeport
Fri. May 20	Mental Health First Aid Training (adult module)	468 Birdseye Street
5:30-8:30pm	You know CPR/First Aid, but do you know how to help someone in a mental	Stratford
AND Sat. May	health crisis? Mental Health First Aid is an internationally recognized 8-hour	
21 8:30am-2pm	certificate course. Free to Stratford residents; \$35 for others. To register, call	
	203-385-4095.	
C-1 14 C1	Sponsored by the Town of Stratford Community Services	Durch and U.S. I
Sat. May 21 9am check- in	NAMI Walks The applied walk to raise awareness & funds for mental health. Bathways and	Bushnell Park
9am cneck- in 10am start	The annual walk to raise awareness & funds for mental health. Pathways and other local teams will participate. Register your team or join a team as a walker	(in front of State Capitol) 30 Arbor St
Todin Start	800-215-3021 or resources@namict.org walkmanager@namict.org	Hartford
	The state of the s	
	Sponsored by the CT Chapter of the National Alliance on Mental Illness	
Tue. May 24	Film: Men and Depression (part of the Caring Network Film Series)	Public Access Channel 88
6-6:30pm		
	A documentary by Southwest Regional Mental Health Board	
Tue. May 24	Stress: Tools to Keep Calm & Carry On	Bridgeport Public Library –
6-7:30pm	What is stress & how does it affect you? Try out some tools for managing stress	Newfield Branch
	& improving wellness. How do you know when it's become too much, and how	1230 Stratford Ave.
	can you find help?	Bridgeport
	Droconted by Couthwest Pagianal Montal Harlish Pagian	
	Presented by Southwest Regional Mental Health Board	

Date & Time	EVENT (download at HealthyMindsCT.org)	Location
Thu. May 26	A Nutritional Approach to Mental Illness	Norwalk City Hall
2-5pm	Georgia Ede M.D., a practicing psychiatrist & nutrition consultant at Smith	Community Room
•	College who studies, writes and speaks nationally about the connection between	125 East Ave.
Open to	nutrition and both mental and physical health, will present a 3-part workshop for	Norwalk
providers –	providers. (CEUs are pending for social workers.)	
CEUs pending	 Part 1: Brain Food—How Nutrients Work in the Brain 	
_	Part 2: Why is Sugar so Bad for the Brain?	
	 Part 3: Review of the Research: What We Know About Diet & Mental Health 	
	Disorders	
	Please register at info@swrmhb.org or 203-840-1187.	
	Sponsored by Southwest Regional Mental Health Board	
Thu. May 26	Brain Food: How What You Eat Affects Your Mental Health	Norwalk City Hall
6:30-8:30pm	Psychiatrist Georgia Ede M.D. (<u>www.diagnosisdiet.com</u>) provides evidence-based	Community Room
0.50 0.50pm	nutrition information and advice you can use to improve your mental and	125 East Ave.
Open to the	physical health.	Norwalk
general public	Part 1: What Does Your Brain Want to Eat? Surprising Facts About What a	Tron Walle
Berierai pabile	Healthy Diet Actually Is! What the Science Tells Us about Food and Mental	
	Health (& why what you've heard is mostly wrong)	
	Part 2: Eating Healthy on a Tight Budget and a Tight Schedule	
	Sponsored by Southwest Regional Mental Health Board	
Fri. May 27	Hearing Voices: An Experiential Training	Kennedy Center Inc.
1-4pm	Interactive simulation allowing participants to experience what it is like to hear	2440 Reservoir Dr.
	voices while engaging in social interactions, a psychiatric interview, cognitive	Trumbull
	testing, and an activities group. Includes debriefing and discussion. RSVP to	
	britt.bisson@ct.gov	
	Sponsored by The Kennedy Center	
Tue. May 31	"Help Your Child (and You) Conquer Anxiety: Evidence-Based Practices"	Edith Wheeler Memorial
6:30-8pm	Chronic stress affects the body as well as the mind: immunity, physical	Library
0.50 opin	symptoms, frustration, anxiety, mood and self esteem. All ages are affected,	733 Monroe Turnpike
	children and parents alike. The ability to handle challenges effectively is	Monroe
	impaired. Dr. Eckerd, a licensed psychologist, will present easy to use methods	
	scientifically proven to help your child—and you—be more stress resilient and	
	deal with stress.	
The least O	Sponsored by Southwest Regional Mental Health Board	C+Vincentic D
Thu. June 9	St Vincent's Symposium: The Patient Perspective: Understanding the impact of	St Vincent's Behavioral
8:30am-	the patient & family experience	Health
12:30pm	Speakers include individuals in recovery and family members. This event is free	47 Long Lots Road
	and open to the public. To register call 203-227-8801	Westport
	Sponsored by St. Vincent's Behavioral Health	
Thu. June 9	DBT (Dialectical Behavior Therapy): Mindfulness-based Treatment for	Town Hall in Meeting Room
7:30-9pm	Adolescents & their Families. Presented by Alec L. Miller, PsyD and Director of	101 Field Point Road
	Cognitive and Behavioral Consultants.	Greenwich
	Sponsored by NAMI Southwest CT	
	Sponsored by the will bouth west of	